

Mending Hearts with Cardiac Rehab



If you are recuperating from a heart attack or heart surgery, you may need to take part in a rehabilitation program. You can do your cardiac rehabilitation close to home, in Madelia!

Cardiac rehabilitation is designed to help patients exercise safely and maintain a heart-healthy lifestyle. It usually includes an exercise program, education and support in making lifestyle changes like quitting smoking and adopting a healthier diet.

Benefits of Cardiac Rehab:

- ♥ Improve your ability to carry out activities of daily living
- ♥ Reduce your heart disease risk factors
- ♥ Improve your outlook and emotional stability
- ♥ Increase your ability to manage your health
- ♥ Improve quality of life

Call **507.642.5211** to set up an appointment!



**Home is
where
the ♥ is.**



Madelia
Community

Hospital & Clinic

121 Drew Ave SE, Madelia

www.mchospital.org

Clinic Appointments: 507.642.5200

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